

EAST POOL
In Effect Nov 3–Jan 3 REVISED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	
7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*	7:30–8:30am Water Fitness
8:00–8:45am Aqua Fit Deep	9:00–9:50am ZW Adaptive PE (Klyn) NOV 11 + DEC 16	8:00–8:45am Aqua Fit Deep		8:00–8:45am Aqua Fit Deep	8:30–11:00am Group Swim Lessons
	9:45–10:15am Unified PE Ross Dec 16–18				
9:00–11:00am Homeschool Swim Program			9:15–10:30am Group Swim Lessons	9:30–10:45am Paddle + Play Open Swim NOV 7–APR 24 SKIP DATES: NOV 28, DEC 26 + JAN 2	
11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	
11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking Canceled Nov 6 MS Dive Practice	11:00–12:00pm Deep Water Walking	
12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness Canceled Nov 6 MS Dive Practice	12:00–1:00pm Water Fitness	
Nov 10–14: Water fitness and deep water walking programs end at 12:30pm due to MS PE					
1:30–3:30pm Family Open Swim DEC 22 + 29		1:30–3:30pm Family Open Swim NOV 26	1:30–3:30pm Family Open Swim NOV 6	1:30–3:30pm Family Open Swim NOV 7, 28, DEC 12, 26 + JAN 2	1:30–3:30pm Family Open Swim
3:00–4:30pm MS Dive Practice Meet Date: Nov 24	3:00–4:30pm MS Dive Practice Meet Dates: Nov 11, 18, Dec 2, 9 + 16	3:00–4:30pm MS Dive Practice Meet Date: Dec 17	3:00–4:30pm MS Dive Practice	3:00–4:30pm MS Dive Practice	
4:30–6:30pm Group Swim Lessons	5:00–6:30pm Water Fitness	4:30–7:00pm Group Swim Lessons	5:00–6:30pm Water Fitness	5:00–6:00pm Water Fitness Canceled Nov 14 Cityside Hype Night	
6:30–7:30pm Private Swim Lessons	6:30–8:00pm Family Open Swim	6:30–7:30pm Private Swim Lessons	6:30–8:00pm Family Open Swim	6:00–7:30pm Family Open Swim Canceled Nov 14 Cityside Hype Night	
7:30–8:30pm Firm H2O		7:30–8:30pm Firm H2O	Programs highlighted in yellow are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.		

WEST POOL

In Effect Nov 3–Jan 3 **REVISED**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00–7:15am Lap Swim	5:00–7:15am Lap Swim	5:00–7:15am Lap Swim	5:00–7:15am Lap Swim	5:00–7:15am Lap Swim	8:00–10:15am Lap Swim
Early morning time slots on Mon–Fri: 5:00–5:45 5:45–6:30 6:30–7:15					Time slots: 8:00–8:45 8:45–9:30 9:30–10:15
Nov 10–14 + Nov 17–21 Kowal 8:35–10:35am					10:30–12:00pm Varsity Swim Practice Nov 8 + 15
Dec 1–5 Westhouse 8:35–10:30am					
Dec 8–11 + Dec 15–19 Ross 7:35–9:30am					
11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	11:00–1:15pm Lap Swim	10:30–12:00pm Special Olympics Swim Practice Begins Dec 5
Midday time slots on Mon–Fri: 11:00–11:45 11:45–12:30 12:30–1:15					
Dec 8–11 + Dec 15–19 Ross 1:35–2:30pm					
3:00–4:30pm MS Swim Practice Meet Date: Nov 24 Varsity Practice 3–5pm Nov 24	3:00–4:30pm MS Swim Practice Meet Dates: Nov 11, 18, Dec 2, 9 + 16 Varsity Practice 3–5pm Dec 2 + 9	3:00–4:30pm MS Swim Practice Meet Date: Dec 17	3:00–4:30pm MS Swim Practice	3:00–4:30pm MS Swim Practice	1:30–3:30pm Lap Swim
					Time slots: 1:30–2:15 2:15–3:00
5:00–7:15pm Lap Swim	5:00–7:15pm Lap Swim PAUSED OCT 14–NOV 11 RESUMES NOV 18	5:00–7:15pm Lap Swim	5:00–7:15pm Lap Swim PAUSED OCT 16–NOV 13 RESUMES NOV 20	5:00–7:15pm Lap Swim Canceled Nov 14 Cityside Hype Night	
Evening time slots on Mon–Fri: 5:00–5:45 5:45–6:30 6:30–7:15					
	5:00–7:45pm ZAGS Preseason OCT 14–NOV 11		5:00–7:45pm ZAGS Preseason OCT 16–NOV 13		

Online registration for fitness classes and lap swim opens 24 hours in advance.
Patrons are encouraged to pre-register to secure a spot. Drop-ins are welcome, space permitting.

CLASS AND PROGRAM DESCRIPTIONS

Aqua Fit Deep: A medium intensity deep water workout that combines cardio, core, and strength training.

Aqua Fit Shallow: A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.

Deep Water Walking: A self-led aquatics program that allows you time in the pool to build your own routine and exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

Family Open Swim: Fun for all ages! The diving board, youth water slide, basketball hoops, and other pool toys and floats are available, along with life jackets, puddle jumpers and infant floats for non-swimmers.

Firm H2O: A mix of shallow and deep water high intensity interval, strength, and endurance training.

Firm H2O Gold: A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.

Lap Swim: A cardio and strength workout that doesn't put strain on bones or joints and burns tons calories!

Water Fitness: A self-led aquatic workout that allows you to design your perfect routine. Water fitness offers a fantastic cardio and muscle workout. Both the shallow and deep ends of the pool are available at this time.